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Tuesday, January 9, 2018 metro.us | t: MetroNewYork |

Yanks looking to unload Ellsbury. 28

WEIGHT LOSS

Annual ranking of the best diets for 2018.
24-25

The schools you should be applying to.
22

2020

COULD SHE WIN?

Oprah Winfrey may be getting serious about a 2020 run for the White House, but how likely is it that the media mogul could actually win? A political expert weighs in on her chances. 4

PHOTO ILLUSTRATION ISTOCK & GETTY IMAGES

WELCOME TO METRO.US

MORGAN ROUSSEAU, MANAGING EDITOR

Oprah Winfrey has joined a growing list of celebrities who are contemplating a 2020 presidential run, and her riveting Golden Globes speech Sunday only solidified her place as a contender. Find out whether Oprah actually has a chance to win, and why she may be a viable candidate, inside or online at **metro.us.**

NORTH, SOUTH KOREA TO TALK BEFORE OLYMPICS

North and South Korea will hold their first formal talks in more than two years on Tuesday, brought together by sport to discuss how the North's athletes can attend next month's Winter Olympics in the South despite simmering fears of conflict. Regardless of its narrow, primarily sporting agenda, the meeting will be closely watched by world leaders eager for any sign of a reduction in tensions on the Korean peninsula amid rising fears over North Korea's development of nuclear weapons and defiance of United Nations Security Council resolutions. "The talks will focus on North Korea's participation in the Pyeongchang Winter Olympics, and our preparations have centered around some requests made by the North for a peaceful Olympic Games," said Unification Ministry spokesman Baek Tae-hyun.

DEMOCRATS SEND MIXED SIGNALS ON DREAMERS

The two top Democrats in the U.S. Congress sent mixed signals on Monday about chances for cutting a deal with Republicans to save the "Dreamer" immigrants from deportation and prevent a government shutdown. Nancy Pelosi, leader of the Democrats in the House of Representatives, held out hope for a bipartisan agreement this month. Senate Democratic leader Chuck Schumer also said a deal was possible, but accused the White House of making "unreasonable" demands. "Hopefully we could come to some agreement within the next week," Pelosi told a small group of reporters in her office. Congress and the White House have been locked in talks on spending and immigration. If they do not make a deal by Jan. 19, when current government spending authority expires, a partial shutdown of the government could follow.

5 THINGS YOU NEED TO KNOW

CHINESE SNOW AND ICE

Visitors walk and slide on icy paths on the opening day of the annual Harbin Ice and Snow Sculpture Festival in Harbin, in China's northeast Heilongjiang province. The festival, featuring dozens of huge ice sculptures lit by colored lights, attracts hundreds of thousands of visitors annually.

GETTY IMAGES

PROTECTED STATUS ENDS FOR SALVADORANS IN US

Around 200,000 Salvadorans allowed to live in the United States since 2001, after earthquakes in El Salvador, must leave the country in 2019, U.S. officials said on Monday, marking the Trump administration's latest move to tighten immigration law enforcement. Termination of the Salvadorans' temporary protected status (TPS) will take effect Sept. 9, 2019, to give them time to leave or seek lawful residency, and for El Salvador to prepare for their return, officials said. The decision to end TPS for Salvadorans is part of the administration's broader push to deport immigrants who are in the United States illegally. The decision was heavily criticized by immigrant advocates who said it ignored violence in El Salvador, which has one of the world's highest murder rates. ***Read more on page 12.***

NBC: MUELLER'S TEAM CONSIDERING TRUMP Q&A

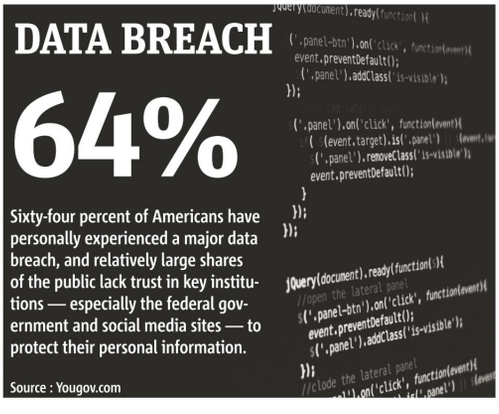
President Donald Trump's lawyers are talking to the Federal Bureau of Investigation about a possible interview with the president as part of special counsel Robert Mueller's probe into Russian interference in the 2016 election, NBC News reported on Monday. Citing three people familiar with the situation, NBC said lawyers for Trump had met with representatives of Mueller's office in late December to discuss the logistics of any such interview. They included the location and length of such an interview as well as legal standards and options for its format, including written responses instead of a formal sit-down, according to the network. Mueller has been appointed by the Justice Department to investigate allegations of Russian meddling in the November 2016 election and possible collusion with Trump's campaign.

DATA BREACH

64%

Sixty-four percent of Americans have personally experienced a major data breach, and relatively large shares of the public lack trust in key institutions — especially the federal government and social media sites — to protect their personal information.

Source : Yougov.com



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Public support mounts as Oprah Winfrey 'actively thinking' of running for president

Oprah is reported to be considering a bid for the White House in 2020. But how likely is it that she'd win?

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Call her the anti-Trump.

Over three decades, Oprah Winfrey has amassed a personal fortune and huge public celebrity through a personally-branded media empire. She is one of the most powerful African-American women in the country, with a personal worth estimated at some $2.7 billion, according to Forbes.

And in the wake of a stirring speech at the Golden Globes awards Sunday night, calls are mounting for Oprah, 63, to run for president in 2020.

Sources identified as "close friends" of Winfrey's told CNN that she has been "actively thinking" about making the transition into politics for months, with one asserting no decision has yet been made.

The Los Angeles Times quoted Stedman Graham, Winfrey's longtime partner, as saying on Sunday that "it's up to the people. ... She would absolutely do it."

In a now-deleted tweet, NBC tweeted "Nothing but respect for OUR future president," along with a picture of Oprah during the Golden Globes.

Oprah is a former television host, actress, movie and television producer, and chief executive of the Oprah Winfrey Network (OWN) channel on cable.

Trump also powered his successful 2016 campaign on the back of his celebrity reputation from reality TV show "The Apprentice," as well as long-cultivated attention in New York newspapers.

In recent years, Winfrey has lent her star power to endorse Democratic presidential candidates: Barack Obama when he was seeking to become the first black U.S. president in 2008 and Hillary Clinton in her campaign against Trump in 2016.

In the past Winfrey has said she is not interested in running for president, for example saying in a CBS interview in October when asked about the 2020 presidential election that "there will be no running for office of any kind for me."

Additional reporting by Reuters.

Who else could run in 2020?

Other big names rumored for a 2020 run include political players as well as celebrities:

- Former first lady Michelle Obama
- Former Vice President Joe Biden
- Breitbart News chairman Steve Bannon
- Actor Dwayne "The Rock" Johnson
- Facebook founder Mark Zuckerberg

Oprah Winfrey's Golden Globes speech had political overtones. GETTY IMAGES

ANALYSIS

How likely is it that Oprah could win the presidency?
Public opinion analyst Karlyn Bowman, of the American Enterprise Institute, said Oprah's shift into politics could be plausible.

Do you think Oprah could really run?
She's pretty popular, as you can imagine, among the American public. God knows, entertainment culture and celebrity culture has certainly infiltrated politics, there's no question about it. Now, as to whether people would take her seriously, its possible. She'd have to develop some issue positions, but she's clearly very popular.

Isn't it too early to speculate on this?
Donald Trump was pretty speculative at one time. But being popular at the Golden Globes is one thing, being someone whose considered to be of presidential timbre is quite another. This is very early speculation in a race where we've heard at least 29 different names mentioned, so it's definitely very, very early.

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Queens	**Address**	**Date**	**Time**
Jackson Heights Community Office	93-14 Roosevelt Avenue, 1st Floor Jackson Heights, NY 11372	12/22	2pm–3pm
Richmond Hill Community Office	122-01 Liberty Avenue, 1st Floor South Richmond Hill, NY 11419	12/20, 1/3, 1/17	3pm–5pm
Bronx	**Address**	**Date**	**Time**
Fordham Community Office	412 E. Fordham Road Bronx, NY 10458	12/27, 1/10, 1/24	10am–11am
E. Tremont Community Office	774 E. Tremont Avenue, 1st Floor Bronx, NY 10460	1/4	10am–11am
Long Island (Nassau County)	**Address**	**Date**	**Time**
Hempstead Community Office	50 Clinton Street, Suite 110A Hempstead, NY 11550	12/16, 12/30, 1/13, 1/27	2pm–3:30pm
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"Vision Zero is working. The lower speed limit, increased enforcement and safer street designs are all building on each other to keep New Yorkers safe," Mayor de Blasio said at the NYPD's Central Garage in Queens on Monday. FLICKR/NYC MAYOR'S OFFICE

Mayor DeBlasio: NYC had lowest recorded number of pedestrian deaths in 2017

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There were 214 total traffic fatalities in the city last year, including 101 pedestrians.

As traffic fatalities across the country have increased more than 13 percent in recent years, New York City has bucked the trend four years running, with a 32 percent drop in 2017, the lowest number in more than 100 years, Mayor Bill de Blasio announced Monday.

Under the mayor's Vision Zero initiative, fatalities have dropped 28 percent since 2013, with pedestrian deaths seeing a 45 percent decline, the lowest numbers since the city began tracking such data in 1910.

Last year, there were 214 traffic fatalities in the city, 101 pedestrians, 23 bicyclists, 33 motorcyclists and 57 drivers. Comparatively, there were 231 total deaths, including 148 pedestrians, 18 cyclists, 33 motorcyclists and 46 drivers, in 2016. In 2013, there were 299 deaths, consisting of 184 pedestrians, 12 cyclists, 42 motorcyclists and 61 drivers.

"Vision Zero is working. The lower speed limit, increased enforcement and safer street designs are all building on each other to keep New Yorkers safe," de Blasio said at a press conference at the NYPD's Central Garage in Queens. "Now we must deepen this work. Not even a single tragedy on our streets is acceptable, and we'll keep fighting every day to protect our people."

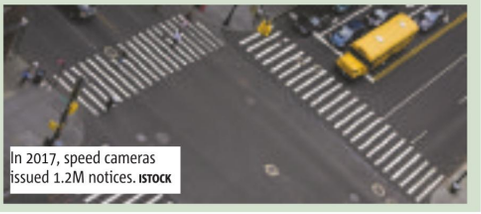
In addition to redesigned streets, lower speed limits and an uptick in enforcement, the city also reprogramed 832 traffic signals to allow pedestrians a head start in crosswalks, Department of Transportation Commissioner Polly Trottenberg said, adding that work still remains.

"The number of lives lost on our streets is still too high including the increase in fatalities we saw this year among cyclists, drivers and motorcyclists," she said. "We know we have much more work to do to fully achieve Vision Zero."

TRAFFIC HIGHLIGHTS

Other notable highlights from 2017's Vision Zero campaign:

- While the previous five years saw an average of seven schoolchildren (ages 5 to 17) killed in traffic crashes, last year's one fatality of a 13-year-old boy in East Harlem was the fewest ever recorded for the age group.
- Queens led the boroughs with the fewest traffic deaths with 59, a 9 percent drop from 2016.
- NYPD Traffic officers wrote more than 50,000 summonses to drivers who did not yield to pedestrians or cyclists, four times more than pre-Vision Zero averages.
- The department also issued almost 150,000 speeding summonses, while automated speed cameras issued about 1.2 million Notices of Liability.
- A record 25 miles of protected bike lanes were installed across the city, triple the pre-Vision Zero annual average. Since the initiative began, more than 180 miles of dedicated lanes have been added to the city's biking network, which currently totals almost 1,200 miles.
- Queens Boulevard, once the "Boulevard of Death," saw its third consecutive year without a pedestrian or cyclist fatality.



In 2017, speed cameras issued 1.2M notices. ISTOCK

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Legendary rock critic Lester Bangs lives again in 'How to Be a Rock Critic'

Based on the writings of the iconic Rolling Stone and Creem writer, the solo show is part of The Public's Under the Radar Festival.

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Lester Bangs may have died 36 years ago, but the legendary music journalist will be alive, well and manic as ever in the East Village once again as part of The Public Theater's Under the Radar Festival.

"How to Be a Rock Critic" was conceived by Jessica Blank, who directs, and Erik Jensen, who morphs into the larger-than-life writer on stage for the solo show based on Bangs' extensive writings.

Just how extensive were Blank and Jensen's source materials?

"We've used Lester's 15,000- to 20,000-page body of work as one long interview with Lester," Blank said. "It took years — almost none of it was computerized, so Erik had to Xerox page by page and type all of the material into the computer so we could work with it."

While the task was as daunting as it sounds, it was extremely beneficial to the play.

"We developed a really deep relationship with the rhythm of his writing, which was really wonderful for the process," Blank said. "His voice is unbelievably theatrical. We wanted to adapt his writing and get the theatricality and vibrancy of Lester's actual voice on stage."

And that they do. Jensen was electrifying from the moment he walked out during Friday's premiere, clad in a "Detroit Sucks" T-shirt, swilling whatever bottles he came across and breaking the fourth wall immediately to take viewers on a trip inside his mind and memory as he searched his dive-y, trash-littered apartment for his Van Morrison's "Astral Weeks" record.

In "How to Be a Rock Critic," Erik Jensen brings legendary rock journalist Lester Bangs to life at The Public Theater's Under the Radar Festival. CRAIG SCHWARTZ

Jensen, in Bangs' words, shares how he turned to music and equally flawed writers like Kerouac and Bukowski to escape his claustrophobic religious upbringing and his time with Rolling Stone, Creem and some of the world's most iconic bands, effortlessly displaying both acerbic wit and his internal demons.

When asked what Bangs would write about "How to Be a Rock Critic," Jensen and Blank took a thoughtful pause.

"I hope he would call it truthful and alive, because those were the two things I think he held up above anything else in terms of the music he loved," Blank said. "He was always looking for authenticity and truth, and those were the things we felt a sense of duty to make sure came through in the play."

Jensen thinks Bangs would call it "punk rock," a phrase he had a hand in coining. "And I think the whole thing can be summed up in Lester's epitaph that he wrote for himself, which was, ultimately, I hope people walk away feeling 'he was promising.'"

"How to Be a Rock Critic" runs through Jan. 15 as part of The Public Theater's Under the Radar Festival. Visit publictheater.org.

PUNK STILL LIVES IN NEW YORK CITY

While the legendary punk and rock clubs of Lester Bangs' days — CBGB and Max's Kansas City, to name a few — are long gone, here are just a few places still carrying the torch in New York City:

- Clockwork Bar (21 Essex St., Lower East Side)
- Manitoba's (99 Avenue B, East Village)
- Duff's Brooklyn (168 Marcy Ave., Brooklyn)
- Otto's Shrunken Head (538 E. 14th St., Manhattan)
- Saint Vitus (1120 Manhattan Ave., Greenpoint)
- The Bitter End (147 Bleecker St., Greenwich Village)
- Rockwood Music Hall (196 Allen St., Lower East Side)

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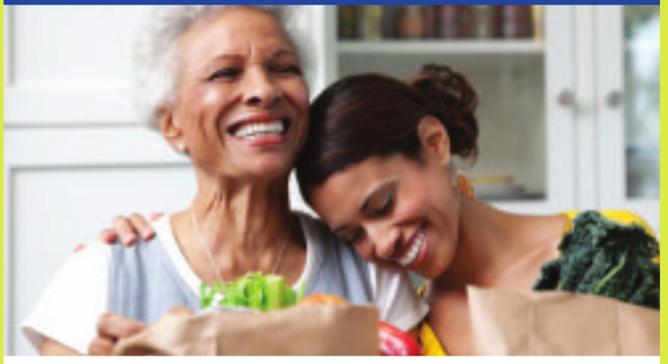

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Three people injured in fire at Trump Tower

The blaze broke out in an HVAC system on the roof of the 68-story luxury high-rise on Fifth Avenue, officials said.

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Three people were injured in an early morning fire at the top of Trump Tower in midtown Manhattan, the New York Fire Department said Monday, as the city's workday rush began.

The report about a fire at the 68-story luxury high-rise at 721 Fifth Avenue, where President Donald Trump lived and worked prior to moving to the White House last January, came in after 7 a.m., the NYPD said. Trump was in Washington at the time of the fire.

An FDNY official said that members of the Secret Service spotted smoke on the roof, and the building's fire-safety director located flames spewing from a vent, PIX11 reported.

The FDNY said in a tweet at 8:16 a.m. that the blaze occurred in an HVAC system and that it was "under control." The department said the fire had been contained to the roof and did not enter the building.

"There was a small electrical fire in a cooling tower on the roof of Trump Tower. The FDNY were here within minutes and did an exceptional job. Everything is under control, and no evacuations were made," the Trump Organization said in an emailed statement to the Post.

One firefighter was hospitalized with non-life-threatening injuries, while two people received minor injuries that were treated at the scene, including a building worker whose injury was initially described as serious, the Fire Department said.

Emergency crews responded to a minor fire at Trump Tower in Midtown on Monday morning. The blaze was contained to the roof and is believed to be an electrical issue in an HVAC system. GETTY IMAGES

In addition to the president's 66th-floor penthouse, Trump Tower houses the headquarters of the Trump Organization as well as other residences, offices and stores.

Reuters contributed to this report.

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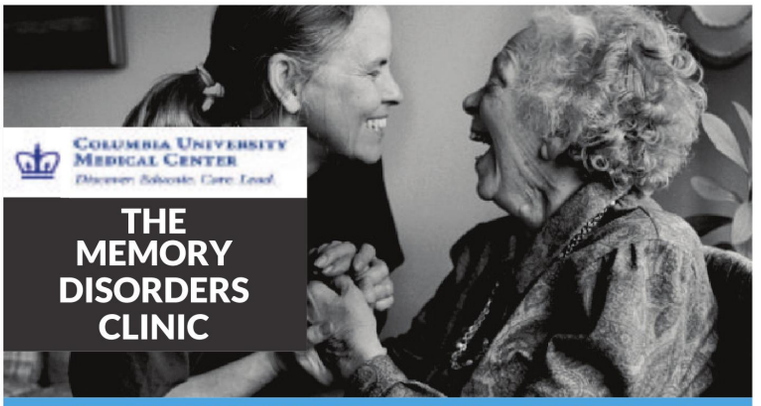

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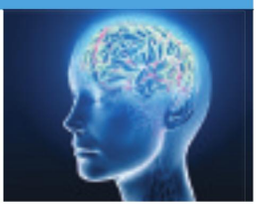

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Immigrants and supporters rallied in New York City on Nov. 6, 2017, for temporary protected status (TPS) extensions. GETTY IMAGES

United States moves toward expelling 200K Salvadorans

The decision is part of the Trump administration's push to deport those living in the country illegally.

Some 200,000 Salvadoran immigrants allowed to live and work in the United States since 2001 will lose their right to remain in the country in 2019, officials said Monday, marking the Trump administration's latest move to tighten immigration enforcement.

The United States will end the Salvadorans' temporary protected status Sept. 9, 2019, giving them 18 months to leave or seek lawful residency, and for El Salvador to prepare for their return, officials said. The status was granted in the wake of two devastating 2001 earthquakes in El Salvador that left hundreds of thousands in the country homeless.

The move was heavily criticized by immigrant advocates who said it ignored violence in El Salvador and gave the Salvadorans few options but to leave the United States or remain illegally.

The Trump administration has faced a series of deadlines over the past year to decide whether to end the protected status of immigrants in the United States whose home countries have been affected by disasters.

Salvadorans are by far the largest group under TPS, a program administration officials said is supposed to provide a temporary haven for victims, not a permanent right to remain in the United States.

Critics have complained TPS has allowed participants to repeatedly extend their stays in six-month to 18-month increments.

Trump administration changes to the TPS program mean that during the next two years about 250,000 people who previously had permission to live and work in the United States will be subject to deportation if they remain.

Haitians and Nicaraguans will lose their protected status in 2019, and Hondurans, the second-largest group in the program, could lose their rights later this year.

"The past practice of allowing foreign nationals to remain in the United States long after an initial emergency in their home countries has ended has undermined the integrity of the program and essentially made the 'temporary' protected status a front operation for backdoor permanent immigration," said Roy Beck, president of NumbersUSA, which favors less immigration overall.

Advocates of the program say long-term resident Salvadorans and their children should not be sent back to El Salvador, a country struggling with a weak economy and gang violence that has given it one of the world's highest murder rates.

"Our [U.S] government is complicit in breaking up families — nearly 275,000 U.S.-born children have a parent who is a TPS holder — and further destabilizing our neighboring countries," said Oscar Chacon, executive director of Alianza Americas, an immigrant advocacy group.

A senior administration official briefing reporters on the decision said it was based on the status of El Salvador's recovery from the 2001 earthquakes. The country has received millions of dollars in aid for the recovery and rebuilt schools, homes and hospitals, the official said.

In the past two years, the United States has repatriated 39,000 Salvadorans back to the country, showing the ability of the country to absorb an influx of its citizens, the official said.

The government of El Salvador said Monday it was glad the administration decided to at least leave the program in place until September 2019.

"El Salvador's Foreign Ministry lobbied heavily for the interests of our fellow citizens," the government said in a statement, adding that it would continue to search for alternative solutions, seeking action by the U.S. Congress to protect the immigrants.

REUTERS

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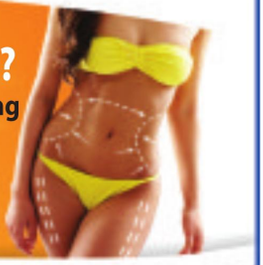

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GOVERNOR CUOMO AND DONOR STATES

LARRY PENNER

Analysis

Larry Penner is a transportation historian and advocate who previously worked 31 years for the U.S. Department of Transportation.

In Gov. Andrew Cuomo's 2018 State of the State speech, he complained that New York sends more money to Washington than we get back, resulting in our being shortchanged as a donor state. This is nothing new.

Cuomo continues to play from the old liberal Democratic playbook. Sen. Charles Schumer, Sen. Kirsten Gillibrand, NYC Mayor Bill De Blasio, along with most of our Congress members continue to blame Washington for all of our problems. So did their political ancestors, from past decades. All have an insatiable appetite for more and more federal assistance, with no concern about increasing the confiscatory level of taxation to generate the revenues, along with increasing long-term borrowing to pay for this or how the billions of dollars are spent. They believe throwing more taxpayer dollars at problems will solve all of society's ills.

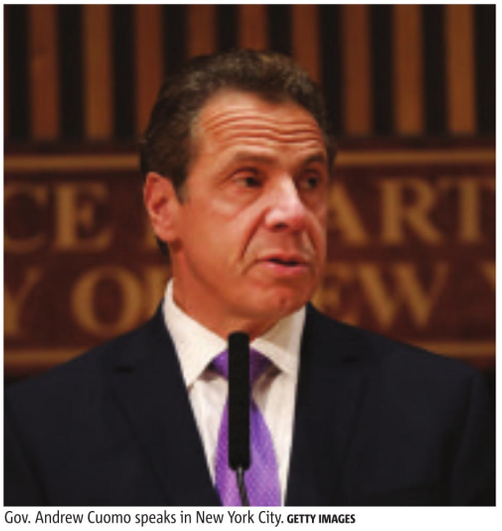
Moving tax dollars from Washington to New York state redistributes the wealth from the haves to the have-nots. Decades ago, the late Sen. Daniel Patrick Moynihan documented how New Yorkers sent more money to Washington than we got. Many of the 50 states could make the same argument. This imbalance also holds true in the distribution of state aid from Albany to the 62 counties of New York state. Within NYC, residents of Queens, Staten Island, Brooklyn, Bronx and Manhattan (or each of the 59 community planning boards) don't always get back the same amount of money sent to City Hall, Albany and Washington. Within any of our 62 counties, you could take this analysis down to every city, town, village and local census tract in New York state.

Since this imbalance will never change, we would be better off leaving tax levies at the most local level of government. There will be significant savings in administrative costs and a greater percentage of locally generated revenues remaining in our communities. Generating, keeping and spending local funds in your community also allows greater accountability and oversight by public officials and citizens from the neighborhood.

The real question is how New York manages the billions of dollars they are receiving from Washington every year. Does New York submit grant applications on time? Are current federally funded programs being completed on time and within budget? Are all federally funded grant staff positions filled? Employees are needed to manage projects and programs to ensure compliance with federal rules and regulations. Are construction projects being completed according to original specifications with few if any change orders? Is there any waste, fraud or abuse for expenditures of any taxpayers dollars? Has Comptroller Tom DiNapoli conducted audits of each respective state agency and authority to see if they are doing a good job managing current federal aid programs? Have Senate Majority Leader John Flanagan or Assembly Speaker Carl Heastie conducted public hearings to do the same?

It is difficult to convince Washington for more money when Uncle Sam faces annual short-term deficits of several hundred billion dollars, accompanied by a long-term national debt of $21 trillion dollars.

We should learn from past mistakes and attempt to reduce both borrowing and long-term debt, instead of allowing them to grow yearly. This inheritance could bankrupt future generations.



Gov. Andrew Cuomo speaks in New York City. GETTY IMAGES

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Baby Boomers Benefitting From Knee Arthritis Tr

10-Minute Technology Guided FDA-Cleared Painless Medical Treatments.. Allows P

New York City - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . ***Because They Are***

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The ***NYC Pain MD*** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patents ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at ***NYC Pain MD*** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!

"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just – now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't' take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend It to everybody." *William La Spina* . Golf Enthusiast

(While we cannot guarantee that all knee arthritis pain sufferers will respond like the patient noted above, we can say these results are possible.)

Why Treatment Can Fail

This is why viscosupplmentation can fail for some people. It is also why many knee arthritis sufferers come to ***NYC Pain MD*** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for these advanced and precise treatment methods.

Patients Should Be Assured About Prescsion Treatments

If you have already had this procedure without this advanced imaging... Or if it was not used throughout the procedure, there is a good chance you did not get the maximum results you could have and should have.

What The Research Says About Results: Can We Slow Down Arthritis? A retrospective study of nearly 1000 cases of knee arthritis between 49 and 79 years old was done by an orthopedic surgeon in Lousiana. Patients with Grade 4 or "bone to bone" who presented for consideration of knee replacement were instead put on a program of image-guided gel injection procedures. Follow up almost 4 years later revealed that about 3 of 4 had done well and had not need surgery...regardless of age or even if overweight.

Another study was done by Pearl Diver research group who reviewed 198,000 files of those who underewent this type of treatment. Follow up 2 years later revealed 82% had not required surgery.

Massive Cost Saving For Patients, Insurance Companies & Medicare?

While surgery may be the best option for some...for others, due to fear of surgical risk, medical ailments that may prohibit surgery or for those that are just seeking less invasive alternatives, the costs savings can be staggering. In a study published in the American Journal of Managed Care, a potential savings of $4706.00 per patient if treated with viscosupplementation was estimated . In a theoretical population of 100,000 (NYC is over 10 million) over a 3 yr. period, 808 knee replacements were projected to be avoided and up to $9,131,819 could potentially be saved by patients, medicare and insurance carriers. *This should be welcome news for rising health care costs.*

Who Can Benefit From This Treatment?

This treatment is not for everyone. But it may be for you if you have sensations of grinding or rubbing, pain on simple weight bearing, getting up from sitting or even simply

reatments Their Parents Could Only Dream About

Patients Go Home With Just A Band-Aid On The Knee... No Surgery - No Hospital

when bending your knees, struggling up and down stairs (like subways), have pain on walking, feel tight and stiff after activities or in the morning or just cannot move like you used to. If this sounds like you, then seeing one of the specially trained doctors at ***NYC Pain MD*** could be the best thing you could do for yourself . But it is suggested you do not wait as arthritis can easily worsen with more time.

And this is very important - especially for those who have had viscosupplmentation in the past without good results. Many patients who did not have good results elsewhere are often able to get a favorable results because of the advanced imaging technology and procedure experience at ***NYC Pain MD.***

Even doctors themselves are often patients at NYC Pain MD.

How to Find Out If The Experts At *NYC Pain MD* Can Help You

If you have knee arthritis pain and would like to see if this treatment might help you - the experts at ***NYC Pain MD*** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get all your questions answered.

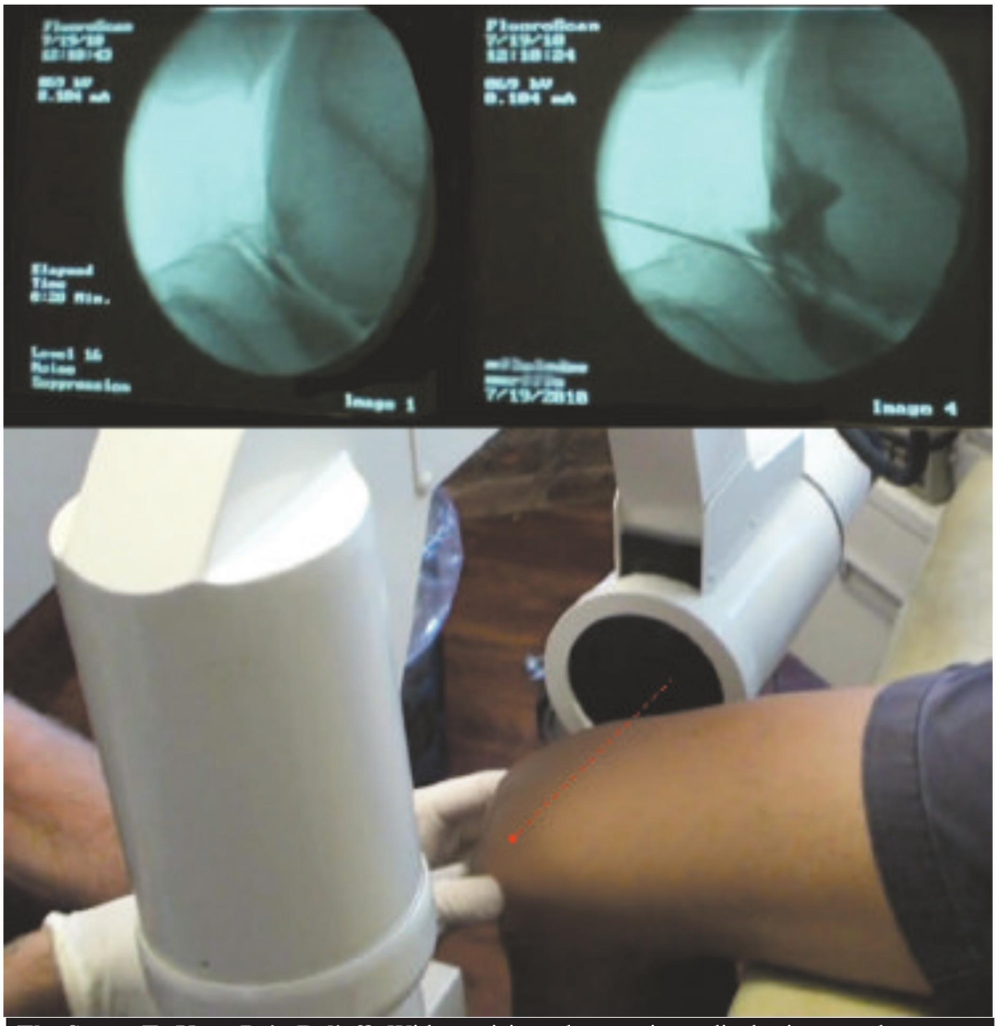
If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more for many patients.

There is no obligation and if you are not a candidate - the doctor will help you find the best approach for your particular case and refer you to the proper sources. To set up a screening at no cost, simply call **800-741-5340**

The *NYC Pain MD* 'X" Factor ?

NYC Pain MD is a high-tech medical facility equipped with all the necessary equipment to treat appropriate candidates right in their own in-office procedure suites. What does this mean for you? It means no stressful hospital, no intimidating surgical center or out patient facility visits.

This also means you don't have to be “Rich and Famous” because by avoiding all those "fancy" facilities you don't have to bear their severe costs which can often be several times the cost of the treatments themselves. Your experience is far more relaxing with personalized attention. The treatment is gentle. You will go home with nothing but a one inch band-aid on your knee. Many go home or right to work after these virtually painless treatments. There is little to no downtime .



The Secret To Knee Pain Relief? With precision advances in medical science and technology the caring doctors at ***NYC Pain MD*** have been able to help so many relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. New Yorkers are lining up weekly to find out if the are candidates… patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That’s why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination and possible treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is for you .Zero risk or obligation. Just call 800-741-5340 Tell them, “I would like the knee screening.” They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

More Good News About Insurance: *Many insurances including Traditional Medicare (part B) help cover modest to significant portions of these care programs*

To set up a complimentary screening, just call **800-741-5340**. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patient the individual time and attention they deserve.

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White House calling Trump's TV, tweeting breaks 'executive time'

It's become the majority of his day.

MICHAEL MARTIN
@MetroNewYork
letters@metro.us

Donald Trump's daily schedule has recently been questioned. GETTY IMAGES

One of Donald Trump's most frequent attacks on the campaign trail against Hillary Clinton was that she "lacked stamina." Now less than one year into his presidency, Trump's workday is shrinking.

Trump generally doesn't arrive for work until 11 a.m. and wraps around 6 p.m., and he's taking fewer meetings, Axios reported. This is to allow for what the White House is calling "executive rime," which is code for spending time in the residence, watching TV news and tweeting.

By comparison, George W. Bush showed up at the Oval Office at 6:45 a.m. Barack Obama worked out first thing in the morning and got into the office between 9 and 10 a.m.

Axios outlined a few days of Trump's schedule this week: "On Tuesday, Trump has his first meeting of the day with Chief of Staff John Kelly at 11 a.m. He then has 'executive time' for an hour followed by an hour lunch in the private dining room. Then it's another one hour, 15 minutes of 'executive time' followed by a 45-minute meeting with National Security Adviser H.R. McMaster. Then another 15 minutes of 'executive time' before Trump takes his last meeting of the day — a 3:45 p.m. meeting with the Head of Presidential Personnel Johnny DeStefano — before ending his official day at 4:15 p.m.. … On Thursday, the president has an especially light schedule: 'Policy time' at 11 a.m., then 'executive time' at 12 p.m., then lunch for an hour, then more 'executive time' from 1:30 p.m."

The revelations come as questions mount about Trump's physical and mental fitness for the presidency. Said White House press secretary Sarah Huckabee Sanders: "The time in the morning is a mix of residence time and Oval Office time, but he always has calls with staff, Hill members, Cabinet members and foreign leaders during this time. … The president is one of the hardest workers I've ever seen and puts in long hours and long days nearly every day of the week all year long."

Trump is due to have a physical on Friday; the White House has said the results will be made public.

Hurricanes Harvey, Maria and Irma made 2017 a costly year. GETTY IMAGES

Disasters cost US record $306 billion in 2017: NOAA

Weather and climate-related disasters cost the United States a record $306 billion in 2017, the third-warmest year on record, the U.S. National Oceanic and Atmospheric Administration said on Monday.

The federal agency's report underscores the economic risks of such disasters even as President Donald Trump's administration casts doubts on their causes and has started withdrawing the United States from a global pact to combat climate change.

The agency said western wildfires and hurricanes Harvey, Maria and Irma contributed to making 2017 the costliest year on record. The previous record was $215 billion in 2005, when hurricanes Katrina, Wilma and Rita slammed the U.S. Gulf Coast.

"Natural disasters have caused a record-setting amount of damage in the U.S. this year," Democratic Sen. Dick Durbin of Illinois tweeted in response to the report. "There's no denying that climate change will cost the U.S. trillions more in the next decade and that we have a financial and national security reason to act." REUTERS

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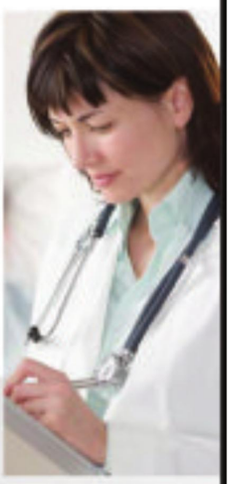

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Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- A percentage of units is set aside for applicants with disabilities:
  - Mobility (5%)
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- Preference for a percentage of units goes to
  - Residents of **Bronx Community Board 1** (50%)
  - Municipal employees (5%).

AVAILABLE UNITS AND INCOME REQUIREMENTS

	Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
60% AREA MEDIAN INCOME (AMI) UNITS	Studio	$865	18	→	1 person	$31,543 - $40,080
	1 bedroom	$929	21	→	1 person	$33,806 - $40,080
					2 people	$33,806 - $45,840
	2 bedroom	$1,121	10	→	2 people	$40,423 - $45,840
					3 people	$40,423 - $51,540
					4 people	$40,423 - $57,240
	3 bedroom	$1,289	5	→	3 people	$46,732 - $51,540
					4 people	$46,732 - $57,240
					5 people	$46,732 - $61,860
					6 people	$46,732 - $66,420

	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
90% AREA MEDIAN INCOME (AMI) UNITS	$1,049	26	→	1 person	$37,852 - $60,120
	$1,320	28	→	1 person	$47,212 - $60,120
				2 person	$47,212 - $68,760
	$1,591	14	→	2 person	$56,538 - $68,760
				3 people	$56,538 - $77,310
				4 people	$56,538 - $85,860
	$1,831	8	→	3 people	$65,315 - $77,310
				4 people	$65,315 - $85,860
				5 people	$65,315 - $92,790
				6 people	$65,315 - $99,630

[1] Tenant responsible for electricity
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?
Apply online or through mail. To apply online, please go to **nyc.gov/housingconnect.** To request an application **by mail, send a self-addressed envelope** to: **491 Gerard Avenue Apartments c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?
Applications must be postmarked or submitted online no later than **March 9, 2018.** Late applications will not be considered.

What Happens After You Submit an Application?
After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **491 Gerard Avenue Apartments, 87-14 116th Street, Richmond Hill, NY 11418.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **9 de marzo 2018.**

简体中文 访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**491 Gerard Avenue Apartment, 87-14 116th Street, Richmond Hill, NY 11418.** 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2018 年 3 月 9 日.

Русский Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **491 Gerard Avenue Apartments, 87-14 116th Street, Richmond Hill, NY 11418.** На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **9 март 2018.**

한국어 nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **491 Gerard Avenue Apartments, 87-14 116th Street, Richmond Hill, NY 11418.** 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2018 년 3 월 9 일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyien Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **491 Gerard Avenue Apartments, 87-14 116th Street, Richmond Hill, NY 11418.**. Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **mas 9, 2018.**

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17 New York Tuesday, January 9, 2018

Are coffee enemas dangerous? Yes, despite what Gwyneth Paltrow thinks

GOOP recommends a $135 coffee-enema kit in its "detox" guide.

MEAGAN MORRIS
@MetroNewYork
letters@metro.us

If you're like most people, you start the day with a cup — or seven — of coffee. The caffeine kicks your senses into gear so you can tackle the day. But can putting coffee up your rear end have the same effects?

Gwyneth Paltrow sure thinks so. The actress' lifestyle site, GOOP, just published its yearly Beauty & Wellness Detox Guide, and it recommends that "those who know what they're doing" invest in a $135 coffee enema for the new year.

What are coffee enemas?

A coffee enema is exactly what it sounds like: an enema that uses coffee instead of the traditional enema ingredients like water or sodium bicarbonate (baking soda). While traditional enemas are used to stimulate waste out of your body for severe constipation or surgery, coffee enemas are used to "open up blood vessels" and relax the muscles used for bowel movements, according to natural-health guru Dr. Josh Axe.

"Once it makes its way to the liver, coffee is also believed to help open up bile ducts and increase production of bile that's need for proper digestion and excretion," reads an article on his website. The article goes on to say that coffee enemas were used as a "natural cancer treatment" by Max Gerson, M.D., a doctor who published a book on cancer therapy in 1958.

"Many of his patients were able to stop their pain medications and help restore liver function and tissue repair by performing sometimes up to six coffee enemas per day," the article explained.

The problem is that a lot of the science used to back up the benefits of coffee enemas is flimsy at best — and dangerous at worst.

Are coffee enemas dangerous?

Our bodies are pretty good at detoxifying themselves, so coffee enemas — or any regular colon cleansing — just isn't necessary.

"Many patients are unaware of the potential side effects associated with colon cleansing, some of which can be quite severe," Ketan Kulkarni, M.D. wrote in a 2014 article for The Journal of Lancaster General Hospital.

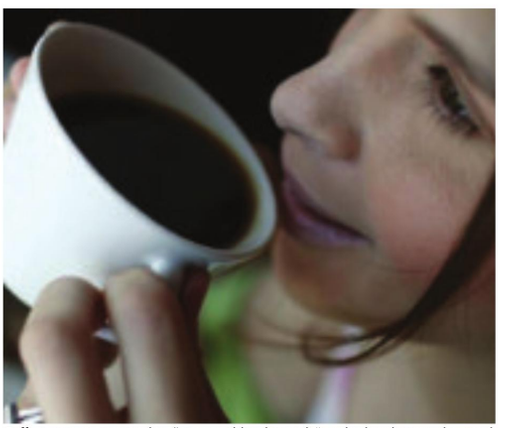
Those side effects with coffee enemas include bacterial infections and even death: Three deaths have been attributed to coffee enemas, according to the National Cancer Institute. One Korean woman even reported experiencing inflammation in the colon and rectum because of a coffee enema, according to a letter published in the American Journal of Gastroenterology.

Colon cleansing in general carries with it some risks, including nausea, vomiting, cramping, bowel perforation and even rectal burns (ouch).

"While colon cleansing provides no proven benefit to patients, there are many ways individuals can improve colon health," Dr. Kulkarni wrote in his article.

"Lifestyle changes, such as following a well-balanced diet high in fiber, participating in regular physical activity, and undergoing appropriate colon-cancer screening will help reduce one's risk for the development of colon cancer."

The same advice applies when you're just trying to stay regular — and it doesn't even cost you $135 to do it. Save that money for the kind of coffee you drink, instead.



Coffee enemas are used to "open up blood vessels" and relax the muscles used for bowel movements, according to natural health guru Dr. Axe. GETTY IMAGES

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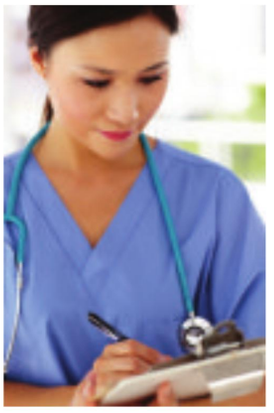

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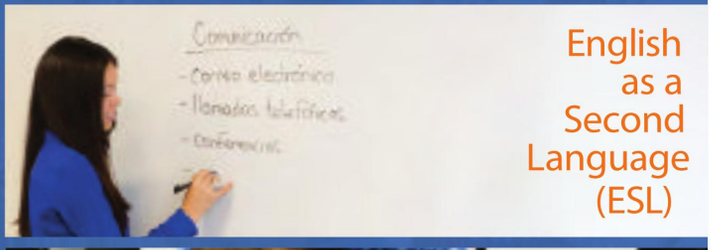

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The 5 schools you should be applying to

Are you covering enough ground with your college applications?

PAT KING
@MetroNewYork
patrick.king@metro.us

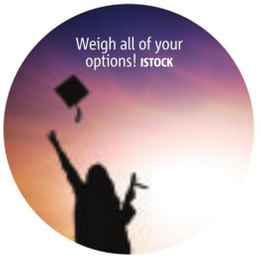
We spoke with Adrian Ridner, CEO and co-founder of Study.com, about the five types of schools you should be applying to.

The dream school

"You may not be able to afford your dream school, or your scores may not qualify, but you've always pictured yourself here, so it should definitely be on your list. These schools can offer great networking opportunities and can look good on résumés and, if you do get in, you could receive a scholarship or grant to help with finances."

The safety school

"You should apply to at least one safety school because you want to have choices at the end of the college-application process. Think of it as a backup or safety net."


Weigh all of your options! ISTOCK

The low-cost school

"The average student loan debt is over $28k per borrower — that's a crippling amount. In fact, research has shown that it takes an average of 21 years for a student to repay their student loans. Whether it's a community college, in-state school or somewhere you'll receive a big scholarship, you should always include the low-cost option on your list to avoid being strapped down by debt for the better part of your adult life."

The flexible school

"You just never know when life might get in the way, so be sure to apply to a school that caters to a variety of needs and allows you to balance school with other life commitments."

The perfect fit

"This could be a hidden gem you hadn't previously thought of but is a good overall fit for you and your major... Sometimes it just takes a change of attitude to realize that a school can be your perfect fit."

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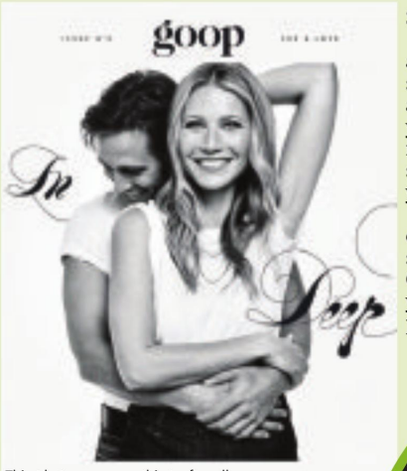
the word

Gwyneth's GOOP love story

After a few months of speculation, Gwyneth Paltrow and Brad Falchuk have confirmed their engagement he only way these thirst bots know how: with a GOOP cover.

Though the news broke in November, Paltrow waited to make the official announcement in the cover story of the "Sex & Love" issue which, by the way, hits newsstands Jan. 9.

"[At] midlife, I have tried to accept how complex romantic love can be," Paltrow writes inside. "I have decided to give it a go again, not only because I believe I have found the man I was meant to be with, but because I have accepted the soul-stretching, pattern-breaking opportunities that (terrifyingly) are made possible by intimacy."



Thirst bots are gonna thirst, after all. INSTAGRAM/@ GOOP

Sure!

Paltrow, 45, and Falchuk, 46, started dating about three years ago, having met on the set of "Glee," as you do.

I've said it once, and I'll say it again: Congratulations, you two rich people!

Kit Harington gets drunk and disorderly

Jon Snow knows nothing — except for how to get kicked out of a bar. Oh, that was terrible.

But it's true: Kit Harington, the pint-size hunk behind the most-loved "Game of Thrones" character was thrown out of a New York City bar Friday night for being drunk and disorderly.

TMZ says the 31-year-old prepped for a pool game, but then he started "banging on the table, grabbing at pool cues and getting in people's faces." Not cute! An eyewitness tells the site that Harington was asked to leave the bar — and that he did! — but then he came back and had to be literally dragged out. We knew we had something more in common with Harington than just a petite stature!

To be fair, we've all been there. Sometimes, you gotta get blackout drunk and yell at some people you'll never see again.

So, we hereby grant Kit a pass. And Kit? We know our opinion matters to you a lot, and we know you're reading this so, you're welcome.

Ain't no party like a Jon Snow party.
ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

Bella Thorne opens up

Bella Thorne is adding her voice to #MeToo.

The 19-year-old took to Instagram to detail her own experience with sexual abuse and it's pretty chilling, tbh.

"I was sexually abused and physically growing up from the day I can remember till I was 14," she wrote. "When I finally had the courage to lock my door at night and sit by it. All damn night. Waiting for someone to take advantage of my life again.

"Over and over I waited for it to stop and finally it did. But some of us aren't as lucky to get out alive."

#TIMESUP, y'all.

She added on Twitter, "I never knew what was right or wrong growing up. I didn't know the person sneaking into my bedroom at night was a bad person."

The actress got an outpouring of support on Twitter, where users commended her bravery for coming out with her own experience, and adding to the Time's Up movement, too.

Brava, Bella. Speaking up isn't easy.

Shiny!

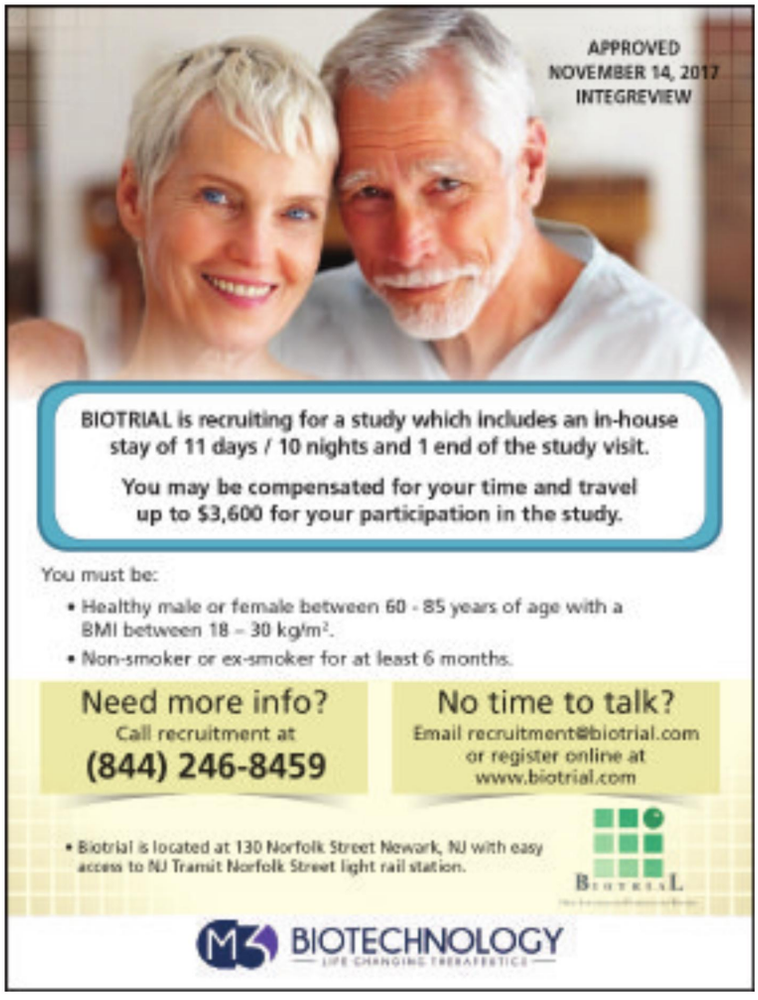
'Outlander' star Caitriona Balfe is engaged

Caitriona Balfe — star of "Outlander," the sexiest time-travel show to ever exist — is engaged.

The Irish actress showed off her new bling at the Golden Globes Sunday night, and it's very sparkly! About the engagement, the 38-year-old really just poured her heart out nonstop, gushing to People, "It happened over the break. I'm very happy." OK!

Balfe's fiance is Tony McGill, whom she's been dating for about two years. Yep: Turns out her very sexy, very emotional — did I mention very, very sexy? — connection with co-star Sam Heughan is just really convincing acting. Brava, honestly.

Congratulations to these two. It's nice that love still exists for rich people with shiny hair and really nice skin.



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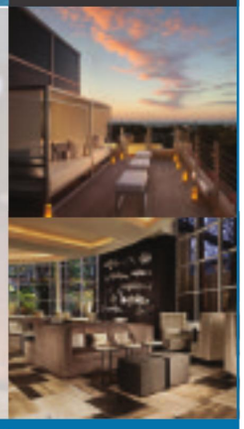

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MAKE HEALTHY YOUR NEW HAPPY

These diets are best for overall health

In U.S. News & World Report's annual ranking of the best diets for 2018, two well-balanced and moderate eating plans, the Mediterranean and Dash diets, tied for best overall.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

In the new year, many of us resolve to lose weight or at least develop healthier eating habits. When there are so many different kinds of diets out there, it can challenging to figure out which one is the best bet for your overall health.

Last week, when U.S. News and World Report released its annual ranking of diets for 2018, the top pick wasn't any diet you've seen hashtagged on Instagram or espoused by a wellness-crazed celeb. Out of the 40 diets ranked across nine categories by a panel of top physicians and nutritionists, the Dash diet and the Mediterranean diet tied for best diet overall, while Whole 30 and the newly-buzzy Keto diet came in dead last.

What to know about the Dash and Mediterranean diets

Both the Dash and Mediterranean diets are alike in that they tout well-balanced, nonrestrictive eating

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wellbeing

The Mediterranean and Dash diets, which tied for Best Diet Overall in U.S. News & Word Report's annual ranking, are both well-balanced, nonrestrictive eating plans that emphasize veggies, whole grains and lean protein over saturated fats. ISTOCK

plans. They each emphasize consumption of vegetables, fruit, whole grains, nuts and legumes, low-fat dairy and lean protein, while keeping saturated fats, sweets and red meat to a minimum. Research on both diets attests to their effectiveness at keeping weight off in the long-term and preventing illnesses like diabetes, cancer and cardiovascular disease.

Following either will do more to help you develop lifelong healthy eating habits than lose weight quickly. Neither diet gives a set limit for calories, so if you want to keep track of your daily intake, you'll need to count on your own or with the help of a doctor or nutritionist. Weight Watchers, which has adherents count a food's nutrition points instead of calories, came in first for best weight-loss diets and best commercial diets.

Which one is better?

The Dash diet, which stands for Dietary Approaches to Stop Hypertension, came in first for the eighth year in a row. It was specifically developed by the National Institutes of Health to lower blood pressure. The Mediterranean diet is based on research by a physician named Ancel Keys, who determined back in the 1950s that following a diet popular among the Greek people lowers cholesterol and reduces incidence of cardiovascular disease.

A comparison of the Dash and Mediterranean diets by Harvard Medical School found that they're equally good for you and mostly differ when it comes to taste preferences. For example, if a plate of hummus, salad, grilled fish and red wine sounds delicious to you, the Mediterranean diet might be more your speed. If you prefer a meal of chicken, brown rice and roasted veggies, Dash it is.

Trendy and extreme diets came in last

The most strict, restrictive and fad diets did not fare well in the report. The low-carb, high-fat Keto diet tied for last overall with the Whole 30 diet, which cuts out alcohol, grains, sugars, dairy and legumes for a 30- day period.

The take away seems to be that for your long-term well-being, it's more effective to develop a healthy eating plan that you can stick to over the course of a lifetime. *See the complete list at health.usnews.com.*

The top ranked diets in U.S. News and World Report's Best Diets 2018

Best diets overall
1. Dash (tie)
1. Mediterranean (tie)
3. Flexitarian

Best commercial diets
1. Weight Watchers
2. Jenny Craig
3. Flat Belly (tie)
3. Nutritarian (tie)

Best weight-loss diets
1. Weight Watchers
2. Volumetrics
3. Jenny Craig (tie)
3. Vegan (tie)

Best fast weight-loss diets
1. HMR (tie)
1. Weight Watchers (tie)
3. Biggest Loser (tie)
3. Medifast (tie)
3. SlimFast (tie)
3. Volumetrics (tie)

Best diets for healthy eating
1. Dash (tie)
1. Mediterranean (tie)
3. Flexitarian (tie)
3. TLC (tie)

Easiest diets to follow
1. Mediterranean
2. Flexitarian (tie)
2. Weight Watchers (tie)

Best diets for diabetes
1. Mediterranean
2. Dash
3. Flexitarian (tie)
3. Mayo Clinic (tie)
3. Vegan (tie)
3. Volumetrics (tie)
3. Weight Watchers (tie)

Best heart-healthy diets
1. Dash
2. Mediterranean (tie)
2. Ornish (tie)

Best plant-based diets
1. Mediterranean
2. Flexitarian
3. Ornish

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New Year's health resolutions you'll actually keep

The tagline at Blink Fitness: "Exercise isn't just about looking good, it's about how it makes you feel." PROVIDED

Blink Fitness's #ResolutionHappy campaign helps you set short-term, attainable fitness goals that focus on the feel-good benefits of working out.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Making New Year's resolutions is easy. Keeping them is another story. When Jan. 1 rolls around — and once the New Year's Eve hangover wears off — we start drinking the "new year, new you" kool-aid, believing that we can make big time changes in our lives. We start off so positive, and yet.

A 2015 study from U.S. News and World Report found that 80 percent of resolutions fail by the second week of February. The culprit? We doom ourselves by setting lofty, unrealistic goals; when we realize the goals are tougher than we'd thought, we get discouraged and revert to bad habits.

When it comes to health and fitness resolutions, vanity is often the driving motivator. Lose 25 pounds, get six-pack abs, look better in a bikini. But if working out and dieting makes you miserable, will the vision of future you in your head be enough to make you stick with the habit?

The folks at Blink Fitness argue that investing in the psychological benefits of exercise is the best way to make sure you'll keep up your workout routine. The idea is if you find small ways to challenge yourself and make fitness more fun, then you'll do it more and have a better chance of reaching your goals.

"Since the beginning, our philosophy with fitness has always been to put mood above muscle," says Ellen Roggemann, Blink's VP of marketing. "We know that when something makes you feel good, like exercise, you'll keep doing it."

If you've ever set foot in a Blink gym, which now has 63 locations in NYC, Philly, New Jersey and L.A., you've seen the tagline printed in big white letters on the walls: "Exercise isn't just about looking good, it's about how it makes you feel."

With its #ResolutionHappy campaign, the gym encourages members to set small, short-term goals that will help them feel more enthusiastic about working out. In a video for the campaign, members talk about setting tiny motivators, like "I'll make a bomb playlist" or "I'll do five minutes more."

A guest shreds her New Year's Resolution to "Lose 10 pounds' at Blink's Great New Year's Resolution Shred. PROVIDED

On Monday, Blink invited New Yorkers to literally shred their unrealistic goals in favor of these micro-resolutions. At its Bryant Park location, the fitness brand hosted a party, The Great New Year's Resolution Shred, with actual paper shredders, a photobooth, Blink swag, membership and personal-training session giveaways, and the chance to talk all things health and fitness with Blink trainers (known as Mood Lifters).

How can you rethink your resolutions to set yourself up for success in 2018?

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Yanks looking to unload Ellsbury

The Bronx Bombers are looking to move the veteran outfielder, who has gradually become expendable.

JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

The Yankees are trying to alleviate an outfield that has become very crowded as veteran center fielder Jacoby Ellsbury continues to inhabit the trading block.

Joel Sherman of the New York Post reports that the Yankees are attempting to move Ellsbury's contract, which has become a challenge to the team's ability to remain under the luxury-tax threshold.

Ellsbury is signed for the next three seasons, with a team option for a fourth in 2021, where he provides a cap hit of over $21 million per season. That's a sizable amount of money to pay for a player who is a fifth outfielder on the Yankees' depth chart, as he sits behind Aaron Judge, Giancarlo Stanton, Brett Gardner and Aaron Hicks. Depending on Clint Frazier's MLB development, Ellsbury could drop even further to a sixth option.

The Yankees inked Ellsbury to a monster seven-year, $153 million contract prior to the 2014 season largely based on a flash-in-the-pan 2011 campaign he had with the Boston Red Sox. That season, Ellsbury finished second in the AL MVP voting as he batted .321 with 32 home runs, 105 RBI and 39 stolen bases.

Since that 2011 season, which included two more years with the Red Sox before coming over to the Bronx, Ellsbury has averaged .272 with 12 home runs and 62 RBI per 162 games. Not exactly $153 million material.

Jacoby Ellsbury's contract does not make him a prime trade candidate, but the Orioles could be interested. GETTY IMAGES

Despite his lack of production and large contract, he has received some interest on the trade market as Sherman noted that the Baltimore Orioles "actually like Ellsbury a little," though the Yankees would probably have to eat a portion of that contract.

Ellsbury would provide either a backup option in center field behind Adam Jones or take over the starting role in order to move Jones to right field. The Orioles' current top option in right is Joey Rickard, who batted .241 with four home runs and 19 RBI last year in 261 at-bats.

The problem is that Ellsbury has a full no-trade clause and it is unlikely that he would waive it to go to another East coast team. With his home in Scottsdale, Arizona, Ellsbury would probably be more willing to waive his no-trade clause if he was sent to either the Arizona Diamondbacks or San Francisco Giants, per Sherman.

The Yankees and Diamondbacks discussed a possible deal involving Ellsbury in mid-December, per Brendan Kuty of NJ.com, but no real progress was made. San Francisco, on the other hand, has yet to enter any kind of talks with New York about the outfielder, though.

Giants to interview Wilks today

Carolina Panthers defensive coordinator Steve Wilks will travel to New Jersey to interview for the New York Giants head coaching position Tuesday, as first reported by ESPN's Josina Anderson.

Wilks is fresh off of seeing his Panthers season end in the NFC Wild Card Game on Sunday, in which his defense was picked apart by Drew Brees and the New Orleans Saints in a 31-26 loss.

This was Wilks' first season as a coordinator at the NFL level. He has been with the Panthers since the 2012 season where he served as a defensive backs coach and assistant head coach before taking on the defensive coordinator role.

He spent time with the Washington Redskins, Chicago Bears and San Diego Chargers as a secondary and defensive backs coach from 2005-2011 before joining the Panthers.

Wilks' defense in Carolina this season ranked seventh-best in yards allowed and 11th in points allowed.

Carolina Panthers defensive coordinator Steve Wilks will head to the Meadowlands today to interview with the New York Giants. GETTY IMAGES

The Giants are going to have plenty of competition for Wilks, who is scheduled to interview with the Arizona Cardinals for their head-coaching job Wednesday, per Anderson, after Bruce Arians revealed that he will retire.

New York has already interviewed New England Patriots offensive and defensive coordinators Josh McDaniels and Matt Patricia as well as Minnesota Vikings offensive coordinator Pat Shurmur and Steve Spagnuolo, who finished the last four games of the season as Giants interim head coach.

After Wilks, the Giants will interview former Denver Broncos running backs coach Eric Studesville on Wednesday, per ESPN's Jordan Raanan.

JOE PANTORNO

Russell practices with G League Nets

Nets guard D'Angelo Russell continues his road to recovery after undergoing arthroscopic surgery on his left knee. On Monday, he took another big step. For more, visit metro.us/new-york/sports. JOE PANTORNO/GETTY IMAGES

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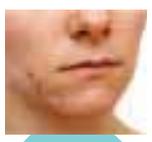

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Pursuant to a judgment of Foreclosure and Sale entered on May 31, 2017. I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Courtroom # 25, Jamaica, N.Y. on the 19th day of January, 2018 at 10:00 a.m. premises described as follows:
All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate lying and being in the Borough and County of Queens, City and State of New York.
Said premises known as 148-22 59th Avenue, Flushing, N.Y. 11355.
Block: 6424, Lot: 50.
Approximate amount of lien $934,127.96 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale.
Index No. 709091-14.
Lawrence M. Litwack, Esq., Referee.
McCabe, Weisberg & Conway, P.C. Attorney(s) for Plaintiff
145 Huguenot Street, Suite 210
New Rochelle, New York 10801
(914) 636-8900

NOTICE IS HEREBY GIVEN that a license, Number 1307205, for Liquor, Wine, Beer & Cider has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 735-739 9th Ave., New York, NY 10018. New York County, for on premises consumption. The Sound Bite Restaurant LLC.

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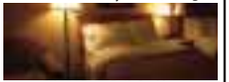

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JPMORGAN CHASE BANK, N.A., Plaintiff against SHAHID BASHIR, et al Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale entered on February 22, 2017. I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y. on the 9th day of February, 2018 at 10:00 a.m. premises described as follows:
All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York. Said premises known as 81-33 164th Place, Jamaica, N.Y. 11432. (Block: 7025, Lot: 35)
Approximate amount of lien $ 357,718.01 plus interest and costs. Premise will be sold subject to provisions of filed judgment and terms of sale.
Index No. 14067/09. Brandon Lamour Freycinet, Esq. Referee. Fein Such & Crane, LLP Attorney's for Plaintiff
28 East Main Street, Suite 1800 Rochester, New York 14614
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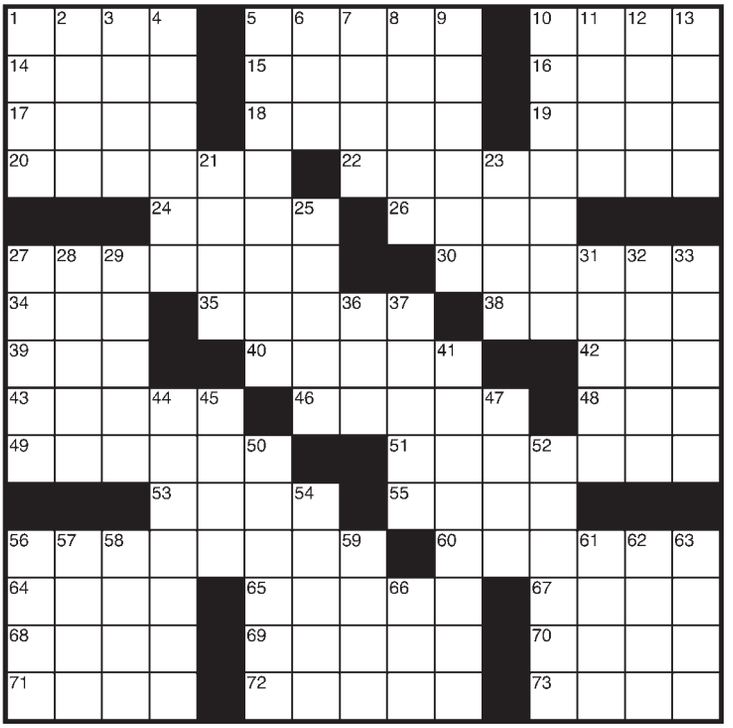
66 The works



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easy

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		8	5		7		1	
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			7					2
		1		4				3
	2		6		9	7		
	4					6	5	

hard

7							3	
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		1				4		
2	8				1	5		
		6	1		4			2
			2	5		6	8	
	7							1

metro.us/horoscopes

Aries Relationship problems will erupt if you get into a verbal battle. Choose a thoughtful way to deal with a situation that develops between you and a loved one.

Taurus An unusual offer will leave you questioning what to do next. Financial gain is apparent, and contractual negotiations are favored. A change of lifestyle is encouraged.

Gemini Look for any opportunity to advance at work, and do your best to take care of overdue responsibilities so that you can feel free to take advantage of what's being offered.

Cancer Make amends with someone you don't always get along with, but love regardless. A unique concept will encourage you to update your beliefs and opinions.

Leo Problems will escalate if you let your emotions lead the way. It's best to rely on your intelligence and bring about positive change based on facts, not on assumptions.

Virgo Taking business trips, dealing with friends or researching topics that will help you advance will make your day productive. You'll discover what really matters to you.

Libra Keep an open mind when dealing with loved ones. It's best to keep the peace instead of burning bridges. Consider that you may be just as much at fault as others.

Scorpio Don't flinch just because someone does something unexpected. Hold your ground and don't give in to peer pressure or outside influences.

Sagittarius Helping the underdog or standing up for rights being threatened by bureaucracy could lead to trouble. Protect against insult and injury.

Capricorn Avoid unpredictable situations or people who are trying to tempt you to change your mind or course of action. Stand behind your beliefs and do what's honorable.

Aquarius Check out all your options and call in favors if it will help you reach your target. Don't offer personal information to anyone using emotional tactics.

Pisces Care should be taken when dealing with people or an organization asking for something. Don't be too quick to take on added responsibilities. **EUGENIA LAST**

Yesterday's answers

R	O	S	E			C	I	A	O		M	I	N	T
U	M	A	S	S		A	M	F	M		A	R	A	B
I	N	A	P	T		S	A	R	I		L	A	M	A
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